



JUNE 2020 NEWSLETTER

6月

English Version

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★ Preventing the spread of COVID-19 infection ★

- *What:* The municipal government will put even more effort in taking measures to secure everyone's safety. Please try to prevent the spread of the infection by:



Avoid outings



Avoid crowded spaces



Avoid close contact



Avoid closed places



Stay in ventilated areas



Cover yourself when you cough



Wash hands regularly

Regarding COVID-19, the guideline for consultation has changed.

Details:

- ① If you have any of symptoms of high fever, a sense of fatigue or a difficulty in breathing.
- ② For senior citizens, pregnant women and those who have pre-existing conditions such as diabetes, respiratory disease, etc. if you have cold-like symptoms.
- ③ If you don't fall in the above categories but have cold-like symptoms for an extended period of time.



Consultation Center for recent arrivals and people who have been exposed to a person with confirmed COVID-19 (Tobu Health Center)

Contact:

☎ 050-5371-0561, 050-5371-0562 (Weekdays 8:30am-5:15pm)

☎ 050-5371-0561 (Other than the times above, including Saturday, Sunday, and holidays)

- We apologize for any inconvenience caused by the cancellation of events or closing of facilities, but we ask for your understanding and cooperation in order to prevent the spread of the disease. For the latest information, please see the city website, city official social media, etc.
- By touching various objects such as doorknobs and train straps, there is a chance of catching the virus. Please wash your hands **when you go home, before and after cooking, and before meals.**

How to wash your hands properly:

Before you wash, cut your nails short and remove rings and watches. After washing, rinse with plenty of water and wipe thoroughly with a clean towel to dry.



1. Wet your hands well with running water, use soap and rub your palms well.



2. Rub the back of your hand



3. Carefully rub your fingertips and nails.



4. Wash between your fingers.



5. Twist and wash your thumb and palm.



6. Do not forget to wash your wrist.

- Contact: ☎ 055-934-4803 ☎ 055-934-4758 Crisis Management Division(Kiki Kanri ka)

★ Renewal procedure for medical expenses subsidy. ★

- Who: Single parent families that their income taxes are tax-exempt households
- When: June 1st (Monday) – 30th (Tuesday), must arrive between 9:00 - 17:00
For those applicable for updates, application forms will be sent in late May.
※If you are planning on bringing the forms directly, please take the following notification, application form, health insurance card and seals. Other documents may be required depending on the target persons.
※For new applications, please confer with us sometime in June.
- Where: City office 1st floor, child and family division
- Contact: ☎ 055-934-4827 〒410-8601 Numazu city hall - home economics for children (Kodomo Katei ka)

★ June 5th (Friday) - payment deadline for the light car tax ★

- *Details:* Do not forget to pay on the day. City tax payment for the night window has been established.
- When: June 5th (Friday), 17:15 - 19:00
- Where: City hall 2nd floor, tax management division
- Contact: ☎055-934-4732 Tax management division (tax promotion staff)(Nozei Kanri ka)

★ Have you finished the payment of the last year's national health insurance? ★

If you have not paid the national health insurance from last year, please do them as quickly as possible. Unpaid may result in the following benefits restrictions.

- ① Loss of assistance in the cost of medical treatment for full body and brain check-up..
 - ② Expiration date for insurance cards will become short.
 - ③ Pay all medical expenses temporarily.
- Contact: ☎055-934-4725 National Health Insurance Division (payroll clerk)(Kokumin Kenko Hoken ka)

★How to receive your updated national health insurance card ★

Your national health insurance card (and national health insurance card for seniors) will be updated on August 1st. Your new insurance card will be sent to you by regular mail.

- **Contact:** ☎055 - 934 - 4725 National health insurance division (payment section)

★ Nighttime consulting service for water bills ★

- When: June 9th (Tue), 5:15pm to 8:00 pm
- Where: Water department building 1st floor water service division
- Contact: ☎055 - 934 - 4853 Water service division (payment section) (Suido Service ka)

★Health center Information ★

♥ Let's take the specific medical check-up!

This year's Numazu city medical check-up will begin from June 15 (Mon) until October 31st (Sat).

The Numazu city medical check-up ticket will be sent to the citizens in early June. For those who are willing to take the medical check-up but do not have the medical check-up ticket, please contact the health center. Depending on the situation of the spread of the infectious disease, there is a possibility that the medical examination would change, be postponed, or be canceled.

✂For further information, please visit the city website or the 'Information for the special medical check-up' which was distributed with the Numazu Newsletter.

★ Free coupon for Cervical cancer and breast cancer medical check-ups would be sent to women who are within the target age.

The earlier the cancer is detected, the chances for recovery are higher. For this, a medical check-up is necessary. In our city, we send free coupon ticket to the subjects listed below at the beginning of June to disseminate the right knowledge about cancer and the required examination. Please contact the Health center(Hoken center) if you have not received it to your registered address because of transfer and others.

Cervical cancer check (Neck only)	
Age	Date of birth
21	1999 April 2- 2000 April 1

Breast cancer check (Mammography examination)	
Age	Date of birth
41	1979 April 2- 1980April 1

- **Contact:** ☎ 055-951-3480 Health promotion section (Health center)(Kenko Zukuri ka)(Hoken Center)

★ Things we can do for our environment ★

June 5th is the Environmental Day, and June is the Environmental Month. To save our clean environment, let's work on the familiar things we can do.

★ Let's follow the basic rules of throwing garbage away

For the reduction of the amount of garbage, and it's recycling, garbage is collected separately by different categories. Garbage must be separated into the following 4 different categories and have to be thrown away by 8:00 am on the designated date in the designated areas.

Burnable garbage day (Twice a week)

Kitchen waste, used tissues, garbage that needs to be sanitized.



Plastic packaging and containers day (Once a week)

Plastic, vinyl containers and packaging (Look for the "Plastic Mark").



Resource recovery day (Once a month)

Cans, bottles, metals, used paper, pet bottles, battery, and lighter.



Landfill waste day (Once a month)

Crockery, glass, futon, carpet, wooden furniture, plastic products, leather products.



※Please never mix foreign substances such as batteries or lighters with plastic packaging and containers!

★ Garbage separation app: sana-ru

You can check information about the guide and garbage collection days from your smartphone. You can also search about garbage separation and receive notifications for the garbage collection day. Let's use this app.



Android



iOS

★ To prevent marine plastic garbage

Plastic garbage is flowing into the ocean, which is called the marine plastic garbage, due to littering that is happening every day. Large amounts of marine plastic garbage are created all around the world and it stays in the ocean for a long time. It is estimated that the amount of garbage will be greater than the amount of fish, which people regard as global environmental pollution.

Many plastic garbage are collected at the coast of the Shizuoka Prefecture. By every person doing "6R", we can reduce the amount of plastic garbage from the ocean of Shizuoka Prefecture and also from oceans around the world. Let's do what we can do now.

6R Prefectural campaign is going on



※6R Prefectural Campaign is a campaign held in Shizuoka Prefecture to call citizens to do 6 R's in order to reduce the plastic garbage flowing into ocean.

※For more details, please check the prefecture's website.

- **Website Address** https://r-kurashi.machipo.jp/shizuokaken_6R.html
- **Contact:** ☎055-933-0711 Clean center control division (Clean Centre Kanri ka)

★Antibody tests and vaccines protect the person you care about ★

Not just covid-19 but all of the infections are apt to threaten our lives. To protect our loved ones, let's get an antibody test and a vaccination.

Let's prevent the rubella infection from spreading!

Rubella can easily be spread and infects others by the patient's droplets (spray of saliva) and its main symptoms are a fever and a rash. If a woman who is at the beginning of pregnancy catches rubella, there is a possibility of the baby having hearing loss, cardiac disorder, cataract, delay of the physical and mental development and so on. Therefore, the one who is pregnant and the people around her need to obtain sufficient antibodies for rubella. In order to prevent the infection from spreading, it is very important for the whole society to have interest in rubella.

- Details:

- <Subsidy of rubella antibody test fee>

- We are subsidizing the antibody test fee of rubella for the purpose of reducing the anxiety towards delivery and sustaining the health of children by preventing the congenital rubella syndrome.

- Qualification:

- 1. Women planning, or wishing to become pregnant
 2. Cohabitant of women planning, or wishing to become pregnant
 3. Cohabitant of pregnant female with low rubella antibody titers

- When: Application due date is on February 28th (Sun), 3rd year of Reiwa
 - ※The eligible person for subsidy is subjected based on the disease history.
- Contact: ☎ 055-920-2082 Eastern prefecture health center (Ken Tobu Hokenjo)

- <Partial subsidy for inoculation costs such as rubella vaccine>

- It is important to perform a rubella antibody test and immunize people with low antibody titers.

- Qualification:

- 1. Women planning, or wishing to become pregnant
 2. Cohabitant of women planning, or wishing to become pregnant
 3. Pregnant female cohabitant

- Grant amount- Rubella vaccine: 4000 yen

- Measles-rubella mixed vaccine: 5000 yen

- When: Application due date is on March 31st (Wed) 2021
 - ※ Aid is once for each person
 - ※ Please contact us for details such as application method.
- Apply/Contact: ☎055-951-3480 Health Promotion Section (Health Centre) (Kenko Zukuri ka) (Hoken Centre)

★ June 30th (Tue) is the payment deadline for the municipal tax ★

Do not forget to pay by the deadline. The night payment counter is available.

- When: Night payment counter on June 22nd (Mon) 17:15 - 19:00
- Where: City hall 2nd floor, tax management division
- Contact: ☎055-934-4732 Tax management division (tax promotion staff)

★ Evening and Holiday Consultation window for National Health Insurance fee payment ★

- When: Holiday consultation- June 14th (Sun) 9:00 -12:00
Night consultation: June 5th (Fri) and June 22nd (Mon) 17:15- 19:00
- Where: Municipal office 1st floor, National Health Insurance office
- Apply/ Contact: ☎055-934-4727 National Health Insurance office (Storage division) (Kokumin Kenko Hoken ka)

★For those who are enrolled in National Health Insurance, are you done declaring your income? ★

- People who did not have income from January to December of 2019 or people who don't need to notify income legally (people who receive survivor's pension, disability pension, and other tax-exempt pensions) may get a discount for the insurance price by declaring it. People who think they can get a discount, please consult by June 12th (Fri). Also, people who already declared the income tax and city prefectural tax, or people who are receiving the National Pension or the Welfare Pension, or people whose workplace submit the payroll report don't need to declare their income.
- *Apply/Contact:* ☎055-934-4726 National Health Insurance division (imposition section) (Kokumin Kenko Hoken ka)

★ Subsidy Application for national health insurance brain medical check-up ★

- Insurance period: July 1, 2020 (Wed) - March 31, 2021 (Wed)
- Who: For people 40 years old or above as of April 1, 2020 and people who continuously subscribe to the national health insurance since April 1, 2019 and people who are fully paying an insurance bill by Reiwa 1st.
 - Quota: 390 people (in the order of arrival)
 - Subsidy: 40000 yen (The amount of money to be paid by the patients will depend on the medical institution)
- Methods of application: By Telephone (A procedure of application should be done personally or member of the household)
- Application period: June 10, 2020 (Wed) - February 26, 2021 (Fri)
*Because of the spread of the coronavirus, the content of the medical examination may be changed (postponed or cancelled).
- Apply/ Contact: ☎ 055-934-4725 National health insurance division (beneficiary) (Kokumin Kenko Hoken ka)

★ Don't forget to submit the present condition form for the child allowance which is due on June 12th (Fri). ★

- Children's allowances for 4 months from February to May (for those who start paying from March onward, start from the month of payment to May) will be paid.
 - We will send you the forms (Genkyo Todoke) by mid-June so please fill out the necessary items and submit it. It is possible to use the My number and submit by the electronic form.
 - If there are no submissions, we cannot provide the allowance after June. (Payment will be October).
 - Special benefits for child-raising households
There will be a new benefit for child-raising households. Details will be announced at a later date via city homepage.
- Contact:** ☎ 055-934-4827 Children home division (Kodomo Katei ka)

DISCLAIMER: The English version is a translation of the original newsletters in Japanese. While reasonable efforts are made to provide accurate translations, there might be some discrepancy. We encourage you to please report if you find any inaccuracy or translation error.